



New Meal Pattern: Fruits and Vegetables

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Fruits



Fruits: Clarifications

- No added sugar allowed in frozen fruit
 - Exemption until July 1, 2013 for lunch
 - Sugar added in preparation allowed, but discouraged
- School Breakfast Program
 - Frozen fruit w/sugar allowed until 2014-15



3

Fruits: Clarifications on Juice

- No more than half of fruit or vegetable offerings may be in the form of juice
 - Weekly limit; no daily limit
- Juice credits as volume served
- Frozen 100% fruit juice w/o sugar can credit
- 100% fruit and vegetable juice blends
 - Credit based on first ingredient



4

Fruits: Clarifications (cont.)

- Dried fruit processed with sugar is allowed
 - Schools should be aware of maximum calorie limits
 - Credits as twice volume served – i.e 1/8 cup raisins credit as 1/4 cup
- Snack –type fruit products may not credit
 - Allowed: whole dried fruit, whole dried fruit pieces
 - Not Allowed: 100% fruit strips, fruit drops, fruit leather



5

Fruits: Clarifications (cont)

- Can serve 1/2 cup of fruit pieces and 1/2 cup fruit juice to meet daily requirement
- Can offer a combination of fruits to meet fruit component
 - 1/2 cup pineapple tidbits + 1/2 cup fresh fruit cup



Vegetables



Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark green	0.5	0.5	0.5
• Red/Orange	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5
• Starchy	0.5	0.5	0.5
• Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

Activity



Does this menu
meet the meal
pattern??



Dark green vegetables

- Dark Green
 - bok choy
 - broccoli
 - collard greens
 - dark green leafy lettuce
 - kale
 - mesclun
 - mustard greens
 - romaine lettuce
 - spinach
 - turnip greens
 - watercress



Subgroups will be identified in upcoming FBG revision

Red/Orange Vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- sweet potatoes
- tomatoes
- red bell peppers



Dry Beans and Peas

- black beans
- black-eyed peas
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans (mature)
- split peas
- white beans



Dry beans and peas: Clarifications

- May only count a serving towards vegetable or meat/meat alternate requirement (but not both in the same meal)
 - Menu planner determines how they credit in advance (not at POS)
- “Dry” refers to mature beans
 - Canned and frozen mature beans acceptable
 - Fresh beans or peas do not qualify



15

Starchy Vegetables

- Corn (white and yellow)
- Green peas
- Cowpeas, field peas, blackeye peas (fresh, not dried)
- White potatoes
- Water chestnuts
- Complete listcoming soon



Other Vegetable

- Artichokes
- Asparagus
- Beets
- Cauliflower
- Celery
- Cucumbers
- Mushrooms
- Green Beans
- Zucchini



Vegetable Activity



Vegetables: Clarifications (cont.)

- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
 - Minimum quantity is 1/8 cup
- No maximum limits on subgroups
 - Exception: Juice
- Categorizing unusual vegetables:

<http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf>



17

Vegetables: Clarifications

- Mixed Vegetable Dishes
 - Combinations containing 1/8 cup or more of each different veggie subgroups may credit toward appropriate subgroups
 - If quantities of each are unknown, the dish counts toward the “additional” requirement



18

Vegetables: Clarifications

• Mixed Salads

- If mixed salad contains different vegetable subgroups (romaine/iceberg blend) and quantities are 1/8 cup or more, can credit to respective subgroup
- If quantities of each are unknown, the total volume credits as “additional” requirement
- *Remember: ¼ cup of uncooked leafy greens credit as 1/8 cup



19



HOW WOULD A SALAD CONTAINING ¼ CUP OF ICEBERG LETTUCE AND ¼ CUP OF ROMAINE CREDIT?

Salad Bars - Clarifications

- May be located after the POS, as long as system in place to ensure each student selects a reimbursable meal
- Must ensure portions meet meal pattern requirements
- May use salad bar to meet weekly vegetable subgroup requirement
 - Salad bar offerings must be listed on production records to count toward meal pattern requirements



21

Can I have a daily salad bar with all the subgroups to meet the requirement?

- Yes!
- Must be available to all children each day
- Must offer all the required weekly subgroups over the course of the week



Multiple Serving Lines

If a school has multiple serving lines with different menu items, must each serving line offer all of the vegetable subgroups weekly?

YES, this ensures that all students have access to all of the vegetable subgroups throughout the week regardless of the serving line selected.



Is there a maximum limit on the amount of veggie subgroups offered?

- NO!!
- Must at least offer the minimum amount of subgroups
- Only maximum limit is on juice
- No more than ½ of F/V offered over the week may be in juice form



Short Weeks

Please see
Handout!



How can we minimize waste if kids have to take a Fruit or Veggie?

- Offer vs. Serve!
- Schools must offer enough for kids to take full required amount for each component
- Students may choose to take smaller portions
- NOTE: Students must take $\frac{1}{2}$ cup daily of F or V to be reimbursable under OVS



What is the minimum amount of a fruit or vegetable that can be credited toward the meal pattern?

The minimum creditable serving size for a fruit or a vegetable is $\frac{1}{8}$ cup. However, $\frac{1}{2}$ of a cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under Offer Versus Serve. There is no daily or weekly maximum limit for fruits or vegetables provided the specific calorie limitations are not exceeded



Are students allowed to take $\frac{1}{4}$ cup fruit and $\frac{1}{4}$ cup veggie to count as $\frac{1}{2}$ cup?

- Yes!!
- Although separate components, this is allowable under OVS



Offer Vs. Serve

Are students allowed to take $\frac{1}{4}$ cup fruit and $\frac{1}{4}$ cup veggie to count as $\frac{1}{2}$ cup?

- YES!

If I planned $\frac{1}{4}$ cup apples as a serving, and kids take 2 servings, can that count as $\frac{1}{2}$ cup?

- YES!

- Under OVS this is allowable, even though fruits and veggies are separate components

- Under OVS, children can now take 2 of the same menu item to count as a full serving



Will CN-Labeled Products that include vegetables provide crediting information for vegetable subgroups?

- YES,
- CN Labels will be revised to document the creditable amounts of the vegetable subgroups required by the final rule.

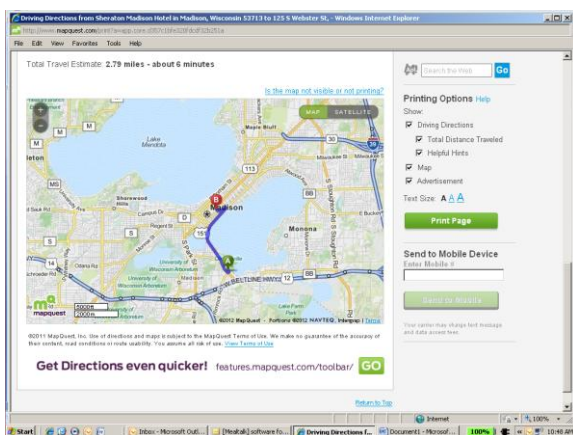


Categorizing Unusual Veggies

- <http://www.choosemyplate.gov/food-groups/vegetables.html>
- <http://www.cnpp.usda.gov/publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf>



WHO WANTS TO PLAY VEGETABLE VAN???



RED LIGHT CHALLENGE!



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